

ABSTRACT

An optical disk (10) of the present invention has a substrate (11) included a resin-impregnated paper, in which resin is impregnated into paper, or resin-coated paper, in which the paper surface is coated with a resin, and a recording layer (13) formed on at least one side of the substrate (11). This type of optical disk (10) has performance equal to that of conventional optical disks and has a minimal effect on the environment during disposal. In addition, a manufacturing method of an optical disk of the present invention has a recording layer sheet fabrication step in which a recording layer sheet is fabricated by forming tracks on a recording layer base material, and a recording layer sheet lamination step in which a recording layer (13) included the recording layer sheet is provided on a substrate (11) included resin-impregnated paper or resin-coated paper by laminating the recording layer sheet with the resin-impregnated paper in which a resin is impregnated into paper or the resin-coated paper in which the surface of the paper is coated with a resin. This type of manufacturing method of an optical disk allows optical disk (10) to be produced inexpensively.